

Black and Blue

1. The two types of carbohydrates are simple carbohydrates (sugars) and complex carbohydrates (starches). Fruits contain simple sugars, and bread, crackers, or pasta contain starches.
2. Answers will vary depending on the foods tested, but bread, crackers, potatoes, and rice should be listed. If the iodine turned blue-black when placed on the sample, the food contains starch or complex carbohydrates.
3. Whole grains contain vitamins, minerals, and fiber necessary for a healthy body.

Portion to Portion

1. Answers will vary, but most students will estimate much larger amounts than actual portion sizes.
2. Some packages may include multiple portions, and the label can help you determine not only the portion size but also the nutritional values related to one portion of that food.

Getting to the Fat of the Matter

1. Answers will vary depending on the foods tested.
2. Foods containing fats will leave a mark on the paper.
3. Foods from the meat and bean group and the milk group may contain fats.
4. The yellow band on the new food pyramid represents fats. It is so narrow because the USDA is reminding us to limit the amount of fat included in our diet.